

Pre-Appointment Instructions For Breath Treatment Patients

An appointment has been made to assess your oral biofilm for bacteria that cause bad breath and bad taste. For an accurate assessment it is very important that you follow these instructions.

Two Days Prior To Appointment

Avoid foods with garlic, onions or other strong spices.

Do not drink alcohol.

Day Of Appointment

For two hours prior to the appointment, do not eat, drink, brush your teeth, floss, or scrape your tongue.

Do not use gum, mints or mouthwash.

Do not smoke for at least 12 hours prior to the appointment.

Note: *If you are a hypoglycemic or have other problems when meals are not taken on a regular basis, a fasting time of one hour will be sufficient.*

For an accurate breath analysis, dental cleaning should be scheduled after the tests are taken.

If you have just had your teeth cleaned, schedule your appointment at least four weeks later.

If you are taking an antibiotic medication, please call us.

By following these instructions you ensure that your tests will have accurate results. It is necessary to test breath odor in its natural state to determine specific microbial causes and prescribe successful treatment.

While you are using floss or interdental cleaning aids at home, try to take notice of any particular Areas with odor. Report these areas at your appointment.